

Amendments to the Specification:

Please add the following new paragraphs, after paragraph [0006]:

[0006a] As used hereinafter in the specification, and in the subsequent claims, the term "muscle function" is defined as including any of the following: muscular coordination, tension, tremor, relaxation, blood circulation, lactic acid accumulation, metabolism, energy production, utilization of fats, stress response, recovery after stress, soreness, strength, liquid balance, and convulsions.

[0006b] As used hereinafter in the specification, and in the subsequent claims, the term "mind function" is defined as including any of the following: mental concentration, alertness, fatigue, memory, stress tolerance, glucose levels, neurotransmitter levels, endorphin levels, and neuropeptide levels.